Weighing in on curves as more than a figure of speech

Exploring the way words shape our ideas of beauty PAGE 12

WINNIPEG metro®

Tuesday, March 6, 2012

News worth sharing.

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Eight games later PLAYOFFS are the goal

PAGE 18

Winnipeg Jets' goaltender Ondrej Pavelec reaches to make a glove stop against the Buffalo Sabres during first period at the MTS Centre Monday night. The Jets completed an eight-game home stand and have an eye on the playoffs. TREVOR HAGAN/THE CANADIAN PRESS

Keeping fares fair

Public works committee vote to nix proposed transit hike greeted with applause PAGE 3

Voter scandal dogs Tories

Officials on defensive as allegations grow PAGE 4

Men see women in red as prettier, study shows

Hot shade that colours men's courting is rooted in primitive behaviour, psych prof says PAGE 14

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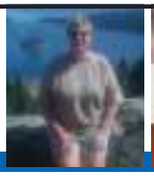

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Public works committee rejects transit fare hike

Transit fares. Public works committee votes unanimously against proposed 20-cent transit increase, but it still has to go through EPC and council.

SHANE GIBSON
shane.gibson@metronews.ca

Cheers and applause filled a packed public gallery at city hall Monday as a city committee voted against moving forward with a proposed 20-cent increase on all Winnipeg Transit buses this summer — but the fight isn't over yet.

"(What this) means is the 20-cent fare increase is gone and we find another appropriate method of funding rapid transit that's not on the backs of transit users," said Coun. Jenny Gerbasi before introducing her motion to remove the fare increase from the city's 2012 operational budget. "Which will have no affect on balancing the budget because it's going into a reserve, it's not being spent immediately."

The vote by all members of the city's public works committee was unanimous and came after the councillors heard a budget presentation from Winnipeg Transit.

The vote doesn't mean the increase — scheduled to take effect June 1 — is dead in the water, as EPC can overturn the decision at a meeting next week.

Twenty-eight separate delegations were scheduled to speak at the meeting when Coun. Gerbasi introduced her motion.

Coun. Harvey Smith, who spearheaded a campaign to stop the fare increase with fellow Coun. Ross Eadie, said outside the meeting he hopes public pressure forces EPC to vote along with the public works committee.

EPC will hear delegations at a meeting on March 13 before voting on the budget March 14.

Council as a whole will decide the fare hike's fate when the 2012 operating budget is debated on March 20.

Protesters voiced their concerns over a proposed 20-cent fare increase on city buses Monday as the city's public works committee discussed the issue and heard from delegations. From left to right, Jason Chartrand, Ken Yanicki, Trevor Aikman and Tina Di Fronzo. SHANE GIBSON/METRO WINNIPEG

Against

"I don't think this is going to promote use of the system and I don't think it's a fair increase."

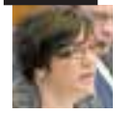
Coun. Brian Mayes

Let's move forward

"We know that we should have moved on Rapid Transit generations ago, but we didn't."

Coun. Dan Vandal

Still time



"EPC will be considering whatever this committee decides today at their meeting on Tuesday at 9 p.m."

Coun. Jenny Gerbasi

Emergency services give blood

Deputy Winnipeg police chief Shelley Hart kicked off the 7th annual Sirens for Life blood drive at the Canadian Blood Services building Monday. The drive runs until April 7. SHANE GIBSON/METRO WINNIPEG

Parking authority weighs city's on-street options

Just a handful of people attended a Winnipeg Parking Authority (WPA) open house Monday looking at proposed changes for on-street parking — including the possibility of doubling the cost of metered parking in high-demand areas of downtown.

"We're proposing that there be demand zone pricing, so areas of higher demand would have higher price," said Colin Stewart, manager of administration and special projects with the WPA.

Stewart said the WPA spent the last year consulting with stakeholders in areas that would be affected — including parts of Portage Avenue, Broadway and the Exchange District — and hope to have a proposal ready for city council as early as April.

David Morrissette, 49, who lives downtown, was one of about six people who spoke out against the proposal at the meeting.

"Somebody who's well-to-do can afford to pay more money for a high demand meter," he told Metro. "That's fine for people who have money to throw around, but if you can't afford it then you have to park a distance away.

"Should people who can afford it be allowed that convenience?"

For a map of proposed high-demand parking areas go to theparkingstore.winnipeg.ca.

SHANE GIBSON/METRO WINNIPEG

1 NEWS

News in brief

Putin Protest

An attempt by Vladimir Putin's foes to protest his presidential election victory by occupying a Moscow square ended with riot police quickly dispersing and detaining hundreds of demonstrators. Watch at metronews.ca/video

On the Web

Dieticians take to the web to bust nutrition myths and misconceptions. Scan the code for the story.

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Tories were warned about vote calls, says Elections Canada

Politics. Growing scandal over allegations of voter suppression has party officials on defence

The Conservative party asked for the location of all polling stations and then contacted voters about where to find them during last year's federal campaign, despite a request they not do so by Elections Canada for fear of muddying the election-day waters.

It's just the latest wrinkle in an evolving investigation into evidence that someone impersonated an Elections Canada official in order to misdirect voters to the wrong polling stations.

Elections Canada is investigating evidence of fraudulent calls in Guelph, Ont., amid an avalanche of unverified complaints of similar fake calls across the country.

Elections Canada confirms the Conservative party requested a list of all polling stations before the federal vote last May 2, and that as a result the elections watchdog provided the list to all parties.

By the numbers

127

Elections Canada says 127 polling stations out of 15,262 across Canada moved locations during the campaign period.

In its statutory report following the 2011 campaign, released last August, Elections Canada highlighted the incident in a separate box.

"Because a polling site can be replaced by another at the last minute, and to ensure that electors always have access to the most accurate information regarding their location, Elections Canada indicated to political parties that the list supplied should only be used for internal purposes and that parties should not direct electors to polling sites," said the report.

All parties were instructed to tell voters to check Elections Canada's website or their voter information card for poll locations "to prevent electors from being directed to incorrect polling sites. "Some political parties did not comply with this request," said the report.

THE CANADIAN PRESS

Protesters take part in a robocall protest on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Jury hears horrible details of Tori Stafford's death

Tara McDonald, left, mother of slain Tori Stafford, arrives at the courthouse in London, Ont. GEOFF ROBINS/THE CANADIAN PRESS

Eight-year-old Victoria Stafford's brutally beaten body, clad only in a Hannah Montana T-shirt, lay for 103 days in garbage bags under a pile of rocks far from home, a first-degree murder trial heard Monday.

There was a light covering of snow in the farmer's field where she was left on April 8, 2009, after being killed with several blows to the head with a hammer, a jury in London, Ont., was told in the Crown's opening statement. The snow was long gone by the time her badly decomposed remains, with a pair of butterfly earrings belonging to her mother, were found by a police officer on July 19.

The Crown's horrifying account of the Grade 3 student's last hours, after she was grabbed outside her school in Woodstock, Ont., was laid out Monday.

Tori was abducted by Michael Rafferty and his girlfriend, Terri-Lynne McClintic, and sexually assaulted and brutally beaten to death within the span of several hours, Crown attorney Kevin Gowdey told the jury. McClintic, 21, has already pleaded guilty to first-degree murder and is serving a life sentence.

Rafferty has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

The jury was warned that over the course of the trial, expected to last 2 1/2 months, they will hear graphic and disturbing evidence.

A pathologist will testify that Tori died from multiple blows to her head with a hammer. Blunt impacts to her body also lacerated her liver and fractured her ribs, Gowdey said.

THE CANADIAN PRESS

Father's response

- **Outside court earlier** Monday, her father Rodney Stafford said it's hard for him to be in the same room as the man accused of killing his daughter.
- **He hopes Tori's name** will be remembered more than the man in the prisoner's dock.
- **"It's not about Rafferty,** it's about the little girl who lost her life," he said

Accidental death

Man buried alive trying to set world record

A Sri Lankan man named Janaka Basnayake, 24, died while trying to set a record for the longest time spent buried alive, police said. The cause of death is being investigated. THE ASSOCIATED PRESS

100th anniversary

Mint releases Titanic coin

The Royal Canadian Mint has unveiled a commemorative silver coin to mark the centennial of the Titanic sinking.

The collector coin, designed by Yves Berube, shows the ship under full steam as it nears an iceberg. THE ASSOCIATED PRESS

A giant replica of the Titanic coin. ANDREW VAUGHAN/THE CANADIAN PRESS

Back-and-forth

NDP-er calls for Tory to quit over sleep accusations

NDP MP Peter Stoffer is calling on Tory MP Rob Anders to resign from a House of Commons committee after veterans accused him of falling asleep during a presentation. THE ASSOCIATED PRESS

Diplomacy

U.S. promises to support Israel

President Barack Obama assured Israel's visiting leader, Prime Minister Benjamin Netanyahu, Monday that the United States "will always have Israel's back," in a display of unity between allies who often disagree.

THE ASSOCIATED PRESS

Weather

Warm winter set to give way to typical spring

Arctic winds may have given way to balmy breezes across most of Canada this winter, but the Weather Network is predicting the country will spring back to reality in the coming months. THE ASSOCIATED PRESS

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Meet Pikaia ... a worm who could be your distant cousin

Science. He's the size of your finger, he's half a billion years old and he shares your genes, researchers say

A tiny worm-like creature that swam the seas half a billion years ago is not exactly the first thing that comes to mind when you think about who you share your genes with.

But according to a newly released analysis of a fossil unearthed in the Canadian Rockies a century ago, the finger-sized creature — known as Pikaia gracilens — is the oldest known member of the chordate family, which includes humans.

"It's a very, very distant cousin," said Jean-Bernard Caron, an assistant professor of ecology and evolutionary biology at the University of Toronto and the study's co-author.

"We share the same genes ... we share some of the basic features."

The research, published Monday in the British journal Biological Reviews found evidence of a nerve cord and vascular system and extensive myomeres, blocks of skeletal muscle tissue that are characteristic of chordates.

Professor Simon Conway Morris of the University of Cambridge, the study's lead author, said the findings of myomeres clearly places Pikaia as the planet's most primitive chordate.

"The discovery of myomeres is the smoking gun that we have long been seeking," Morris said.

"Next time we put the family photograph on the mantle-piece, there in the background will be Pikaia."

THE CANADIAN PRESS

Out of antiquity, the fossil of Pikaia gracilens. THE CANADIAN PRESS

Why did the activists cross the road? To make a point in black and white

Shades of the Beatles' Abbey Road album cover. But this traffic-stopper has nothing to do with music. Greenpeace activists in protective suits are crossing a road in Jakarta, Indonesia, Monday in an anti-nuclear protest commemorating last year's earthquake and tsunami in Japan that set off the Fukushima nuclear crisis. Entire towns were wiped out and the Fukushima nuclear power plant was inundated with floodwaters, triggering the worst nuclear accident since Chernobyl. DITA ALANGKARA/THE ASSOCIATED PRESS

Royal tour. Jamaica gives Harry a 21-gun salute

The Jamaican capital is the latest stop on Prince Harry's Caribbean tour.

The youngest son of Lady Diana and Prince Charles is taking part in a Diamond Jubilee tour in honour of his grandmother, Queen Elizabeth II, as she celebrates 60 years on the throne.

The prince arrived by private jet Monday and received a 21-gun salute from the Jamaica Defence Force.

THE ASSOCIATED PRESS

Prince Harry. THE ASSOCIATED PRESS

Hunger strike. Court says force-feeding was right

Connecticut's highest court said Monday that prison officials were right to force-feed a British-born inmate who went on hunger strikes.

The 7-0 decision by the state Supreme Court came in the case of 51-year-old prisoner William Coleman.

The Liverpool native stopped eating in September 2007 to protest his conviction on what he claimed was a fabricated rape charge by his ex-wife.

Coleman's weight dropped to 130 pounds from 238 pounds by October 2008, and officials feared he would die.

Coleman is scheduled to be released in December.

He went back on a hunger strike last week, civil liberties activists said.

Coleman said his hunger strike is to protest his wrongful conviction and the corrupt judicial system.

THE ASSOCIATED PRESS

Mexico. Canadians await test on 'spiked drinks'

Two Canadian couples who believe they got sick from spiked cocktails at a Mexican resort came home with urine and drink samples to prove their travel nightmare.

But Const. Caroline Chartrand says the urine samples have tested negative for any drug that may have been slipped into their drinks last month at their hotel near Playa Del Carmen.

Chartrand and her husband, Russ, are police officers in Weyburn, Sask., and their friends, Stacy and Kim Barnes, live in Red Deer, Alta.

Chartrand says she is still waiting for laboratory test results on the fruity, pink cocktails they managed to hold onto during their frightening ordeal.

All four tourists believe they were victims of a money scam, because they had to pay about $2,000 per couple in medical fees.

THE CANADIAN PRESS

Syria. Canada closes embassy, recalls staff, increases sanctions

Canada has withdrawn its remaining diplomats from Syria and closed the embassy in Damascus.

Foreign Affairs Minister John Baird said the deteriorating security situation forced the pullout.

"Canada has maintained its diplomatic presence in Syria — despite the risks — to monitor developments on the ground and to deliver tough and frank messages to the Syrian authorities," Baird said in a statement.

"These messages will continue to be delivered directly through the Syrian embassy here in Ottawa and through our other international forums."

Canada has been urging Canadians to leave Syria for months.

Any remaining can still seek consular help through Beirut, Lebanon, or Amman, Jordan.

The closure came as Baird also announced more sanctions against Syria, including a freeze on the assets of the country's central bank and seven senior ministers in the government of Bashir Assad.

Canada has also imposed travel bans, sanctions and freezes on 115 Syrian individuals and 39 entities.

Baird is calling for a wider international effort to pressure the Assad regime.

"We must put concerted and intense international pressure on the regime to stop the violence and to allow a peaceful, Syrian-led transition," he said.

"Those responsible for the violence across Syria must be held accountable for their actions."

The minister said Assad must go.

"Change will happen. Syrians will have their day — and Canada stands with the Syrian people in their push for a better, brighter future."

THE CANADIAN PRESS

Refugees in Lebanon

Syrian refugees fleeing to neighbouring Lebanon on Monday said they feared they would be slaughtered in their own homes as government forces hunted down opponents in a brutal offensive against the opposition stronghold of Homs.

- **WANTS AIR STRIKES.** With world pressure at a peak in the boiling crisis, U.S. Sen. John McCain called for air strikes against Syria. He said the United States has a moral and strategic obligation to force out Assad and his loyalists.
- **2,000 FLEE VIOLENCE.** The UN refugee agency said Monday that as many as 2,000 Syrians crossed into Lebanon over the last two days to flee the violence in their country.
- **WOMEN AND CHILDREN.** In the Lebanese border village of Qaa, families with women and small children came carrying only plastic bags filled with a few

Protests in Moscow

Russian police officers detain demonstrators attempting to hold an unsanctioned protest in Moscow on Monday. Demonstrators contested the outcome of the Russian presidential election, pointing to a campaign heavily slanted in favour of Russian Prime Minister Vladimir Putin, and to reports of widespread violations in Sunday's ballot. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Egypt

Nose job leads to resignation

A lawmaker from Egypt's most conservative Islamist party resigned from parliament after he was caught lying to cover up a nose job, claiming the injuries to his heavily bandaged face were from a carjacking and beating.

Parliament member Anwar al-Balkimy represented the Al-Nour party, whose members, known as Salafis, follow a strict interpretation of Islam that forbids cosmetic surgery as meddling in God's work.

The party said Monday that he had resigned and Al-Nour was forced to issue an embarrassing and apologetic statement.

THE ASSOCIATED PRESS

Train crash

Railway safe, Poland insists

A train collision that left 16 people dead in Poland has put the spotlight on the country's long-neglected railroad system.

As prosecutors on Monday announced plans to charge a traffic controller with unintentionally causing the spectacular crash that also injured more than 50 people, experts and officials in Poland insisted that trains remain the safest form of travel in spite of Saturday's tragedy.

But some railway employees accused the state-run rail system of cutting back on security precautions as it tries to cut costs.

THE ASSOCIATED PRESS

Egypt

Weapons coming from Libya

The number of weapons smuggled into Egypt across the Libyan border is on the increase, with thousands of weapons flooding into the country, Egyptian security officials said Monday.

They said residents of southern Egypt, where families often accumulate large arsenals to protect property and settle feuds, are the main buyers.

The officials said 576 weapons, including modern sniper rifles, were seized by police in the last three months near the Libyan border.

The number of weapons that reached buyers is believed to be five times the number seized.

THE ASSOCIATED PRESS

Not-guilty plea

Trial starts in horrific attack

A Floridian charged with hacking a Connecticut homeless man to death with an axe and eating some of his brain and an eyeball has pleaded not guilty to murder.

The Connecticut Post reports that Tyree Smith, a Florida resident who grew up in Connecticut, also waived his right to a probable-cause hearing in Bridgeport Superior Court.

The 35-year-old Smith is charged with murdering Angel Gonzalez in Bridgeport on Dec. 15, 2011. He was arrested in his Florida home in January.

Gonzalez's relatives say Smith deserves a sentence of life in prison.

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App achievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date.

Chunli Fu of Qingdao, China, downloaded the 25 billionth app and won a $10,000 iTunes gift card.

THE ASSOCIATED PRESS

Stock soars

BP shares up after Gulf spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011. THE ASSOCIATED PRESS

Market Moment

DOLLAR
$100.58 US
(-0.57¢)

TSX
12,523.95 (-119.87)

OIL
$106.72 US (+2¢)

GOLD
$1,703.90 US (-$5.90)

Natural gas (per 1,000 cubic feet): $2.36 US (-13¢)
Dow Jones: 12,962.81 (-14.76)

EU eyes quotas for corporate boards

Gender equality. European Commission says low presence of women in decision-making positions hurts companies' results

European Commissioner Viviane Reding addresses the media in Brussels on Monday. YVES LOGGHE/THE ASSOCIATED PRESS

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded companies.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

At the moment, only one in seven — or less than 14 per cent of — board members at Europe's biggest companies are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in January 2010. THE ASSOCIATED PRESS

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real estate association said Monday in a rosy revision to its 2012 outlook.

The Canadian Real Estate Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrowing rates.

The national average price is forecast to dip by 1.1 per cent in 2012 to $359,100 but that's due to a drop-off in multi-million dollar sales activity in Vancouver — Canada's most expensive real estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan, and Nova Scotia will drive the sales growth this year, offsetting weakness in other provinces. THE CANADIAN PRESS

Police too cozy with press, U.K. media inquiry hears

Former London police commissioner Paul Stephenson stands outside New Scotland Yard in London, in January 2009. SANG TAN/THE ASSOCIATED PRESS

Too much gossip between senior police officials and the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone hacking scandal at Rupert Murdoch's News International, told Britain's media ethics inquiry that relations between a small number of police managers and the media were closer than necessary.

Stephenson didn't go into detail, but his comments are the latest to underline the often close relations between Britain's national press and its biggest police force.

Senior Scotland Yard official Sue Akers testified last week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared Champagne with one of the many journalists who are now suspects in the scandal.

Elizabeth Filkin, a civil servant commissioned by Scotland Yard to review its relationship with the press, testified that she'd been told police had given journalists exclusives in order to avoid embarrassing stories about their personal lives, and that the perception in the lower ranks was that senior officers were loading up on freebies — including a "very large" number of sports tickets.

Asked which media organizations were the most generous, she said: "There was certainly a lot of hospitality given by News International newspapers" — Murdoch's company.

The scandal over the systematic interception of voicemails has rocked Britain's establishment, leading to the arrest or resignation of dozens of reporters, public officials, and News International executives. THE ASSOCIATED PRESS

Political interference?

- Stephenson touched on the issue of links between the press and authorities when he revealed that London's deputy mayor, Kit Malthouse, had privately urged him to scale back the investigation into wrongdoing at Murdoch's News of the World.
- Opposition lawmaker Chris Bryant, an outspoken phone hacking victim, said the intervention amounted to "political manipulation" and called on Malthouse to step down.

Travel

Air Canada's traffic up in February

Air Canada saw its flights take off with fewer empty seats in February compared with a year ago, as rival WestJet reported the opposite trend last month, a key period for vacationing students.

Air Canada's load factor, which measures how much of its capacity is used, rose to 76.8 per cent from 75.9 per cent in February 2011. THE CANADIAN PRESS

Employment

Index indicates modest job growth

The Conference Board of Canada suggested Monday that job growth should be "just modest" in the near term based on the latest read of its help-wanted index.

The board's index-based monthly forecast suggested a gain of 11,500 jobs in February. The index is based on the number of new job ads posted online. THE CANADIAN PRESS

Finance Minister Jim Flaherty. SEAN KILPATRICK/THE CANADIAN PRESS

Fewer risks en route to budget

Finance Minister Jim Flaherty faces a less bumpy road in seeking to balance the budget in four years, according to economists who briefed the minister Monday in advance of his March 29 budget.

Economists from Canada's leading financial institutions told the minister at a meeting that Ottawa will likely have a little more cash to spend than projected last fall.

And in another welcome development, the analysts said global risks had subsided somewhat from the last time they had briefed in the fall — when Flaherty increased the contingency fund for downward surprises.

"It's fair to say that some of the risks we were worried about last year don't seem quite as shocking as we go into the current year," said CIBC chief economist Avery Shenfeld.

Flaherty said he remains worried about Europe, where several governments face severe debt levels, but he's more optimistic about the U.S. economy and encouraged by Canada's gross domestic product.

A Statistics Canada report released Friday showed GDP growth returned in December. It also upgraded third-quarter expansion to a strong 4.2 per cent.

That puts the Canadian economy on a stronger footing and, if carried forward, would result in about $4 billion or $5 billion more government revenues by 2015, said TD Bank economist Derek Burleton.

The 13 economists did not give Flaherty a new growth projection for this year, but several who spoke to reporters after the meeting said it would likely be slightly higher than the 2.1 per cent consensus used for November's fall update report. THE CANADIAN PRESS

EVERYBODY'S WORKING FOR THE WEEKEND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheque certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Bye-bye 9-to-5

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else ...

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

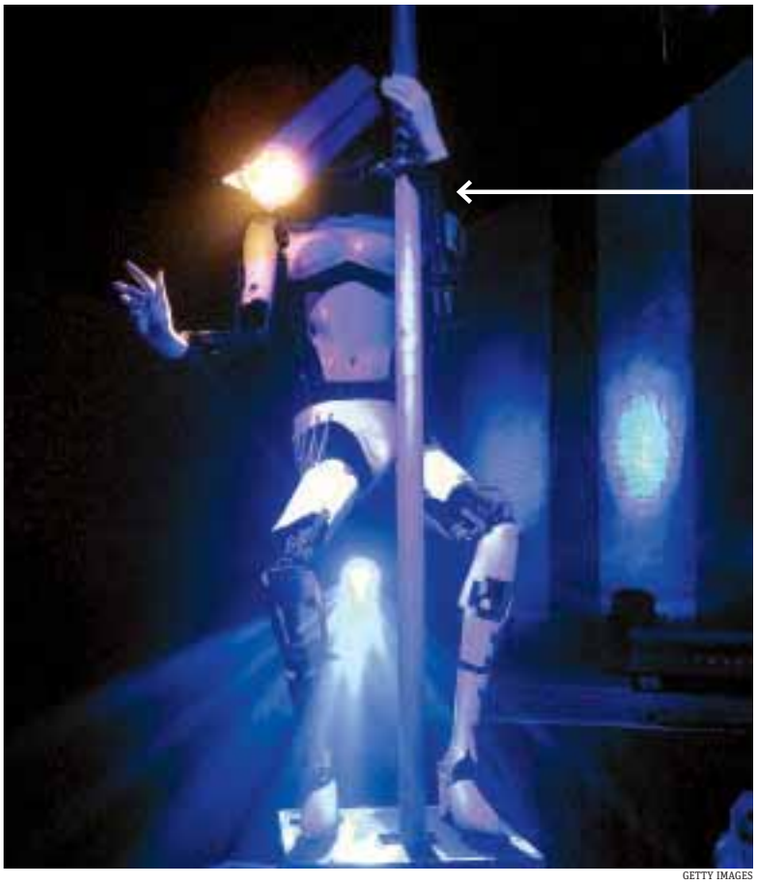
I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexible has become the new full-time.

A bike rider does some serious multitasking as he makes the most of his morning outside the U of T campus. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

This robot doesn't make calls



GETTY IMAGES

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

U.K. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peepshow — by U.K.-based alternative art and cultural movement Mutate Britain.

METRO WORLD NEWS

They are made from...

"My robots are low-tech, built from scrapyard parts. The motors in them are mainly windscreen-wiper motors."

Giles Walker
sculptor

Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street."

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."

A technician adjusts a robot. GETTY IMAGES

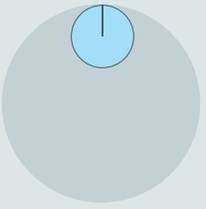
Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think $12.4 million is a reasonable amount for the government to spend on advertising the budget?

Survey says...

9%
YES. IT'S IMPORTANT TO KEEP US INFORMED



91%
NO. IT'S A WASTE OF MY MONEY

Twitter

@owner_mav: Hockey needs the Winnipeg Jets to make the playoffs. Thatd be one helluva return story.

@DTPRobSanderson: Made it to Winnipeg! feel like ice road trucker.

@ghosting13: There is a lot of ugly people in winnipeg today

@mblibertarian: And more proof that Katz can't add. All his biz deals done on wing and a prayer. Transit hikes won't raise the $ he said #winnipeg #lawsuits

@stevenisright: On the bus. I think my seat is wet. Happy Monday. #winnipeg #transit

@mooodiecooties: Saskatoon gets a lingerie football team and Winnipeg doesn't..? Get on that Katz. #iwannaplay

metro

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2 SCENE

Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's airport recently, as the Canadian actor indicated. Kitsch said Wednesday on the Late Show with David Letterman that customs officers stopped him at the airport and ordered him back to Japan because his passport didn't have enough pages to stamp. Kitsch said he was let in only after proving with his iPhone that he was an actor. Philippine Customs chief Ruffy Biazon wrote in his blog Friday that no airport records show Kitsch visited Manila, and that his officers do not stamp passports.

On the Web

War Horse Song Person Melanie Doane says show's folk tunes feel natural to her.

DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas, Elena Anaya, Jan Cornet

In The Skin I Live In, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's Footloose is virtually a beat-for-beat copy of its Reagan-era forebear. Director Craig Brewer sticks to the vanilla basics. The rebooted Footloose isn't as bad as feared, but neither is it the least bit necessary. **PETER HOWELL**

The story of John Carter first appeared in serialized form in a magazine in 1912. / HANDOUT

John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his Star Wars and the line that sparked a following

NED EHRBAR
scene@metronews.ca

British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's The Wire. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in Star Wars, I don't know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the Phantom Menace. The first one — I think I had two lines, which were cut — was a Naboo officer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the Phantom Menace last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of The Wire, believe it or not. And they don't just send fan mail: West often receives copies of his Star Wars Top Trumps card — a children's card game — to be autographed. But fans looking for such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in Star Wars and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.'"

Dominic West/ HANDOUT

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a $200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter — and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name," admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked."

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GAP

Demi gets a visit from ex-hubby, but don't expect a reconciliation

1

There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The Two and a Half Men star paid a visit to the recovering actress recently, according to People magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

As for where it took place, sources tell E! News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.

Katy says breakup song not about soon-to-be ex Russell Brand

2

So that breakup song, Part of Me, that Katy Perry debuted at the Grammys?

It's not about soon-to-be ex-husband Russell Brand after all.

"I wrote it two years ago, which is funny because everybody is like 'God, it sounds so current,'" Perry tells MTV News.

"Some people that I work with were like, 'You should just say you wrote it a couple of weeks ago.' I'm like, 'I'm not a d—, I'm going to tell the truth.' I wrote it two years ago when I was writing and recording Teenage Dream, [but] it didn't feel right on the record."

Katy Perry /GETTY IMAGES

HACKERS POST NAKED CELEB PICS ... AGAIN

Metro has your celebrity gossip covered

METRO STAFF

Hacking scandal ... again

More naked celeb photos: Real or fake?

THE WORD
Dorothy Robinson
scene@metronews.ca

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless.com asked the site's forum readers which celebrity they would like to see naked.

When they answered Munn and Hendricks, the user, apparently through hacking magic, got onto Munn's and Hendricks' phones, grabbed some scandalous photos and posted them. And now they are all over the Internet.

Munn's leaked pictures have extremely dirty writing superimposed over hardcore photos of the actress. Hendricks' pics are mostly of the Mad Men star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks confirms the theft, telling Gossip Cop, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying everything — she tweeted that the photos aren't hers. (As she should; if real, her pictures are some Hustler-level stuff.)

I know. Your first thought is: why would celebrities take naked photos of themselves when they know they are most likely to be hacked? (See: Miley Cyrus, Vanessa Hudgens and Blake Lively.)

But, honestly, if you were that hot with enough of an ego to be an actor, you'd probably take naked photos of yourself, too. Just maybe delete them after you're done doing whatever it is you do with them?

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

Oh, baby!

- **Snooki is pregnant — and apparently engaged.** The Jersey Shore star has yet to confirm either report, but insiders tell E! News and People magazine that her boyfriend, Jionni LaValle, popped the question. And there you have it: Snooki is finally being made an honest woman. Let's see how long that lasts, shall we?

Michael Jackson's music stolen by hackers during Sony security breach

3

Sony has admitted that they suffered a security breach last year that resulted in Michael Jackson's entire back catalog being stolen, according to Fox News.

"Everything Sony purchased from the Michael Jackson estate was compromised," a source says.

The hackers, thought to be U.K.-based, allegedly downloaded more than 50,000 music files worth $253 million, also nabbing music by Jimi Hendrix, Paul Simon, the Foo Fighters and Avril Lavigne.

The security breach occurred shortly after Sony's PlayStation network was hacked last April, compromising user information for 77 million customers.

Birthday boy Bieber only had eyes for Gomez at star-studded bash

4

Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to Us Weekly.

"Everyone danced all night," a source says of the soirée.

Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for girlfriend Selena Gomez, who flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kissing her."

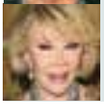
As for presents, his manager, Scooter Braun, bought Bieber a $102,000 one-of-a-kind Fisker Karma hybrid sports car.

Twitter

@woodelijah
Samoas! those are my jam

@KChenoweth
I'm in bed resting. Healing. And watching Tom Cruise in The Last Samarai. For the fifth time.

@John_Lithgow
Did a 3D double feature, HUGO and PINA. My head's spinning.



@Joan_Rivers
Lindsay Lohan was so bad on SNL that the judge is sending her back to rehab, but for acting lessons.

3 LIFE

Health fact

Citrus

According to research reported in the Journal of American Heart Association, citrus contains a class of compounds called flavonoids that are believed to provide protection as they improve blood vessel function and have an anti inflammatory effect.

On the Web

Experimental drug holds promise for use as post-stroke therapy: study

As we shy away from calling people fat, are we really being kinder calling them curvy? GETTY IMAGES

Is 'curvy' the new fat?

Weight tends to be a sensitive issue at the best of times. But now more than ever it is important to be happy with how you look

ROMINA MCGUINNESS
wellness@metronews.ca

Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's rounded bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being wonderfully curvy to dangerously fat?

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of shape" and "stunning".

Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinny-girl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in."

The need to conform is what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need is a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,"

Expert opinion

Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

- **Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing?** I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy bodies.

Best Health

Best health portion checker

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know how cow's milk compares with soy, almond and rice beverages in terms of calories and fat?

In each issue of Best Health magazine, we look at portion sizes and compare their ingredients and nutrients.

Here, from the March/April issue, we look at how one cup (250 mL) of milk and other beverages compare:

Skim milk has 90 calories, 0.5 grams fat, 8 grams protein

1% milk has 100 calories, 2.5 grams fat, 9 grams protein

2% milk has 130 calories, 5 grams fat, 9 grams protein

Unsweetened soy beverage has 80 calories, 4 grams fat, 7 grams protein

Unsweetened rice beverage has 110 calories, 1 gram fat, 2 grams protein

Unsweetened almond beverage has 30 calories, 2 grams fat, 1 gram protein

An Odyssey through Homer's Greece offers delicious eats

The Sampler ($13.95). SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

Beautiful. Historic. Epic. Greece.

For those of us not fortunate enough to visit this lovely nation, we can still taste the charms of Hellas at Homer's Restaurant and Catering.

Greek owned for more than 30 years, Homer's celebrates the country through its architecture and traditional cuisine.

The Sampler ($13.95), a dish of souvlaki, spanakopita, citrus avgolemono soup, and lemon kissed potatoes, was a good Aegean beginning.

The Moussaka ($12.95), with its layers of perfectly cooked eggplant, zucchini, and meat had the right amount of cinnamon to add interest. The flaky Spanakopita ($11.95) in all its spinach glory would have made Agamemnon ravenous, but I would have liked a little bit more feta in the filling.

To conclude my Homeric dining experience, I had the Baklava ($4.50), which was warm, flakey, full of aromatic nuts and cinnamon, and glossed with golden honey.

The meal at Homer's was so good it was worthy of Odysseus's return to Ithaca.

Visiting the restaurant

Homer's Restaurant & Catering

Address. 520 Elice Ave.

Phone. 788-4858

Rating. 4/5

Price range. $4.50 - $32.95

Lunch with co-workers. Yes

Client negotiations. Yes

Social lunch. Yes

Quick solo lunch. Yes

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes

This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. The recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

Ingredients

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili flavour)
- 250 ml (1 cup) low-fat sour cream
- 5 ml (1 tsp) curry powder
- Cilantro sprigs, for garnish (optional)

1 In a large saucepan over medium heat, melt butter. Add the garlic. Stir in the tuna, sour cream and curry powder. Heat until warm and serve. Garnish with cilantro sprigs, if desired.

CLOVER LEAF/ THE CANADIAN PRESS

Stir-fry to make the wok sizzle

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

While this Coconut Pork Stir-Fry uses mushrooms, red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

You can also swap out pork for chicken or tofu if you prefer.

While the recipe calls for rice you could also try it with soba noodles or brown rice instead.

1 Combine the marinade ingredients in a bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2 Heat the oil in large skillet or wok over medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted spoon.

3 Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired.

NEWS CANADA

Ingredients

Marinade

- 1 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

Stir-Fry

- 375 g pork tenderloin, cut lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices
- 1 tbsp Mazola Veg Plus! canola and vegetable oil blend
- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices
- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

Coconut Pork Stir-Fry

This recipe makes four to six servings. NEWS CANADA

Women in red prove more attractive to men, says study

Desire. Never underestimate the power of a woman in red. A new study looks at what attracts men to women and proves that red really is the colour of love.

CASSANDRA GARRISON
life@metronews.ca

Ladies, if you're trying to impress the men, wear red. ISTOCK

Men who participated in the study looked at photographs of women framed by borders of different colours, including red. They were asked to judge how pretty they perceived the women to be.

Later, they viewed images of women wearing red shirts and were asked how much money they'd be willing to spend on each woman if they were on a date with her.

Turns out, the women wearing red or framed in red came out on top. These women were:

- rated significantly more attractive
- rated more sexually desirable
- more likely to be asked to the prom
- more likely to be treated to an expensive date

However, the colour red did not affect other factors the men were asked to comment on about the women, like likeability, intelligence or kindness.

This study could very well be the only scientific document on the effects of colour on behaviour in relationships.

"Much is known about colour physics and colour physiology, but very little about colour psychology," said psychology professor Andrew Elliot, a researcher on the study. "It's fascinating to find that something as ubiquitous as colour can be having an effect on our behaviour without our awareness."

Though society has deemed red the colour of passion, the attraction to it might be more scientific.

Primates offer a clear example. The females of some species will redden when nearing ovulation — sending the message that it's mating time.

"Our research demonstrates a parallel in the way that human and non-human male primates respond to red," said the study's authors.

"As much as men might like to think that they respond to women in a thoughtful, sophisticated manner, it appears that at least to some degree, their preferences and predilections are, in a word, primitive."

Yep, just confirming what we already knew.

Dividing up the birthday dinner bill

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions?
Hostess

Dear Hostess,

Since these two people are a couple, they should be treated as such and so the bill absolutely should be paid for both the birthday girl and her husband. Now, you have several ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests. Bon appétit!

ISTOCK PHOTO

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Re-defining 'the dream'

Why are happy people 'rich'?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled.

For example, instead of living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint.

Redefining 'the dream' also means less stress. Happy people spend money on affordable experiences, not accumulating 'stuff' that contributes to debt.

For example, many would prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress.

Happy people also find creative ways to make more money. Some become full-time entrepreneurs. Others keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.

This crowd is frugal and resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age of 65.

Like happy people, choosing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for savings.

Bing 'rich' is about having the freedom to pursue your dreams and afford the price tags associated with those dreams. It's not about living up to society's expectation of 'the dream.'

Say goodbye to the yearly panic

RRSP contributions. Don't miss the boat again this year. It's time to set up monthly automatic deposits.

YOUR MONEY
Alison Griffiths
money@metronews.ca

You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car loans.

Instead, pick a number you can live with that won't stress you financially. Even $50 or $100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheque is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every six months or so bump up the transfer into your RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule:

"Don't wait until your financial ship comes in. Save for retirement monthly to achieve the most secure nest egg."

Who's planning ahead?

43%

The percentage of 18- to 34-year-olds that do not have an RRSP account.

A little saving now can make for smoother sailing later. / ISTOCK

Toss out your takeout menus — cook dinner at home

Sophie Wright / CONTRIBUTED

TINA CHADHA
life@metronews.ca

By the time you get home from work you're starving, tired and ready to pop a frozen burrito in the microwave. (Or, even better, order pizza!)

It might seem like a good idea at the time, but ordering all that takeout is likely having an effect on your wallet — not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star Sophie Wright — the youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

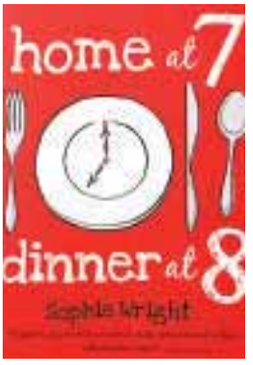
"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before.

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."

If this sounds like a case of easier-said-than-done, Wright shows us how in her new book, Home at 7, Dinner at 8, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you cook").

But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laughing. "I know that if he can do it, anyone can."



Wright's tips:

Keep a non-stick frying pan.

- **Always stock your pantry.** You can make anything taste good with olive oil, salt, pepper and staple spices like ground cumin, ground coriander, chili and paprika.
- **When chopping an onion, chop an extra one.** Store it in a sandwich bag in your fridge for the next day.
- **Freeze extra fresh herbs.** You have them ready to go for the next time you're cooking.

Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a home or car. / ISTOCKPHOTO|THINKSTOCK

Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE DOUCET
For Metro

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vice-president of marketing at B2B Trust, a third-party supplier of investment and RRSP loans in Canada.

There are numerous things to think about when planning to get a loan. / ISTOCKPHOTO|THINKSTOCK

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current and future financial goals before choosing the right type of loan or product," says Zalzal.

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

"You have to ask yourself whether you can afford to make a monthly payment on the principal, not just the interest, regardless of your circumstances," says Richard Goyder, vice-president of personal lending at RBC.

When it comes to searching for a lender, Goyder says the best advice is to get professional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vice-president of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

"Consolidating your debt can be a very sensible and clever way of saving yourself money on repayments," says Goyder.

JANE DOUCET

Let a specialist navigate your car loan

Investment.
Most people need to borrow money when purchasing a vehicle

Next to a house, a car or post-secondary education is probably one of the biggest investments you will make.

When purchasing a car, either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for $10,000, you can pay it off in full in six months if you please, and there are no penalties or fees associated with that," says Beig

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers undergraduates a line of credit of up to $40,000 over four years at an interest rate of prime plus 1.5 per cent (totalling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for post-grads, even up to $200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON

If you are looking to build a home, work with a specialist to arrange a loan.
ISTOCKPHOTO/THINKSTOCK

Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you quality.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting the right mortgage — fixed or variable, short or longer term, "open" or "closed" — is as important as finding the right house. Most buyers live in their first house for only about three years so Haque suggests asking about a mortgage's flexibility.

"Can I take this mortgage with me? Can I increase it? Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you a have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to $25,000, although some conditions apply and it has to be repaid, generally within 15 years.

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidentals to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance and renovations. A rule of thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON

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4 SPORTS

Sports in brief

Pirates propose contract to McCutchen: Source

A person close to the situation says the Pittsburgh Pirates are closing in on a new contract with all-star centre-fielder Andrew McCutchen. The proposed six-year, $51.5-million US deal would keep McCutchen with the Pirates through the 2017 season with a club option for 2018. The person spoke on condition of anonymity because details were still being ironed out and McCutchen needed to pass a physical.
THE ASSOCIATED PRESS

Winnipeg's Tim Stapleton flips a pass over the stick of Buffalo's Jordan Leopold. TREVOR HAGAN/THE CANADIAN PRESS

Jets end homestand with win over Sabres

NHL. Wheeler scores game-winning goal as team finishes latest run at MTS Centre with a record of 5-1-2

Monday's game

JETS	SABRES
3	1

Blake Wheeler scored the game-winner on a breakaway and Bryan Little had three assists as the Winnipeg Jets defeated the Buffalo Sabres 3-1 on Monday.

Andrew Ladd and Chris Thorburn also scored for the Jets, while Ondrej Pavelec made 23 saves.

Corey Tropp had Buffalo's goal and Ryan Miller faced 31 shots in the loss.

It was the last of an eight-game homestand for the Jets, who went 5-1-2 during that span. Winnipeg retains eighth spot in the Eastern Conference with a 32-27-8 record. Buffalo is four points back at 30-28-8.

Ladd opened the game's scoring when he banged in a rebound at the front of the net at 13:45 of the first period.

Winnipeg outshot the Sabres 10-7 in the first.

The Sabres swarmed the Jets zone during two power plays close to each other in the second period, but couldn't convert.

But with just 35 seconds left in the middle frame, right-winger Tropp scored his second goal of the season during a goal-mouth scramble to tie things up.

Wheeler made it 2-1 after he took a pass from Little near centre ice, skated in alone on Miller and fired a high shot over his out-stretched glove at 8:02 of the third.

Thorburn gave his team some breathing room at 10:54 when he skated around defenceman Robyn Regehr and slid a low shot under Miller.
THE CANADIAN PRESS

On the road again

The Jets' recent success will be put to the test Thursday in Vancouver and the following night in Calgary.

- The Jets' road record of 11-17-4 remains a concern, ranking the club 25th in the NHL. By comparison, Winnipeg is a solid seventh overall at home (21-10-4) after Monday's win over Buffalo.
- "There's no reason we shouldn't be able to do the same on the road," said defenceman Mark Stuart.
THE CANADIAN PRESS

MLB

Dykstra off to prison on auto-theft charges

Disgraced ex-New York Mets outfielder Lenny Dykstra on Monday was sentenced to three years in a California state prison after pleading no contest to grand theft auto and providing a false financial statement.

Los Angeles County Superior Court Judge Cynthia Ulfig sentenced Dykstra after refusing to allow him to withdraw his plea and said the scam to lease high-end automobiles from dealerships by providing fraudulent information and claiming credit through a phoney business showed sophistication and extensive planning.
THE ASSOCIATED PRESS

Lenny Dykstra
AMY SUSSMAN/GETTY IMAGES FILE

NFL

Patriots make move to retain receiver Welker

The New England Patriots have placed the franchise tag on Wes Welker, the receiver who caught more passes than anyone else in the NFL last season.

The move means Welker would be paid about $9.5 million US for next season unless the sides work out a long-term deal.
THE ASSOCIATED PRESS

Hockey. Yzerman will once again lead Canada's quest for hockey gold

Steve Yzerman is looking to repeat.

The architect behind Canada's 2010 gold-medal-winning men's team at the Vancouver Olympics will once again lead the squad in 2014.

"Given the opportunity to go to Russia and compete in the Olympics again, that's too good an opportunity to pass up," Yzerman said Monday after Hockey Canada named the general manager of the Tampa Bay Lightning its executive director for the men's team at the Sochi Games.

"It's just too great a challenge and these are things I really enjoy doing. Going into Russia trying to win a gold medal will be an incredibly awesome challenge and exciting for all of us."

Yzerman's management group for the Games will include Detroit Red Wings general manager Ken Holland, Edmonton Oilers president Kevin Lowe, St. Louis Blues GM Doug Armstrong, and Bob Nicholson and Brad Pascall of Hockey Canada. THE CANADIAN PRESS

Curling

Stoughton sacks longtime lead

After a disappointing finish at this year's Manitoba curling championship, skip Jeff Stoughton has sacked longtime lead Steve Gould.

Stoughton says the reason for the move will remain within the team that Gould helped win world championships in 1996 and 2011.

"There's multiple reasons why we could keep a player or release a player," Stoughton said Monday. "All of those things have been discussed within the team and they're going to stay within the team."
THE CANADIAN PRESS

Curling. Alberta off to undefeated start at Brier

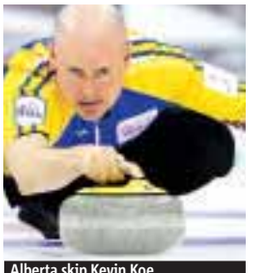
The Koe brothers are having a good Brier so far.

Alberta's Kevin Koe remained unbeaten at the Canadian men's curling championship Monday in Saskatoon. His Calgary foursome improved to 4-0 with an 8-2 win over Mike Gaudet of Prince Edward Island.

Jamie Koe, who skips Yukon/Northwest Territories, earned his third straight win to improve to 3-1 after downing Saskatchewan's Scott Manners 9-5.

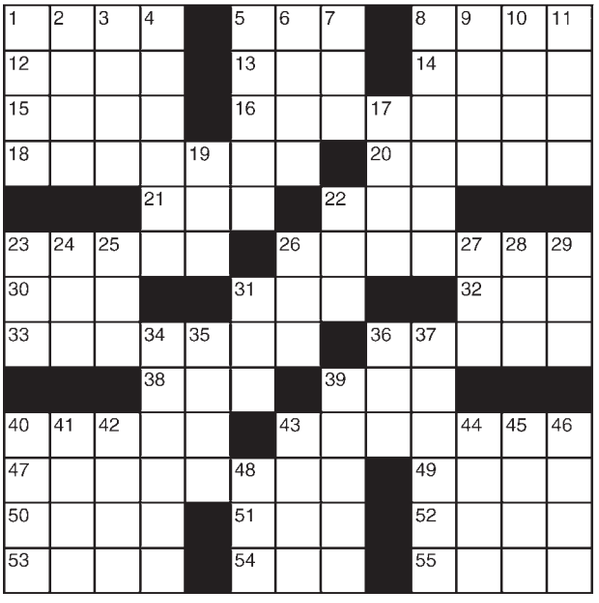
Both teams had a game remaining later Monday.

Ontario's Glenn Howard was also 3-1 after a 9-8 win in an extra end over Quebec's Robert Desjardins in the morning.
THE CANADIAN PRESS



Alberta skip Kevin Koe.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Crossword



Across

1 Perches
5 Recipe meas.
8 Diploma owner, for short
12 Versifier
13 — carte
14 Unusual
15 Basin accessory
16 Seek office, perhaps
18 Arthur's kingdom
20 Pester
21 Family member
22 Aged
23 Steed
26 "Avatar" writer/director
30 "— Got a Secret"
31 Distant
32 Lawyers' org.
33 Mothball material, once
36 Street urchin
38 "— the fields we go"
39 Wager
40 Animal track
43 Fine white linen
47 "Wichita Lineman" singer
49 Relaxation
50 Sheltered
51 Fish eggs
52 Aspen equipment
53 Flex
54 Toss in
55 Exam

Down

1 Detail, for short
2 Primary state
3 Abound
4 Emphasize
5 Mexican entrees
6 Venetian blind part
7 Cooking spray brand
8 Starbucks order
9 Picnic hamperer
10 Jason's ship
11 Say it isn't so
17 Tropical tree
19 Whopper
22 Rowing need
23 Toper's interruption
24 Eggs
25 Sleep phenom
26 Ford or Lincoln
27 Aries
28 Japanese sash
29 Tandoori bread
31 Supporting
34 Exhausted
35 KFC ingredient
36 Jewel
37 Optimally
39 Bundled, as hay
40 Wound cover
41 Wan
42 Portent
43 Lummox
44 Croupier's tool
45 Wife of Osiris
46 "— la vie"
48 Historic period

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

S	E	E	S		S	A	P		P	A	P	A
T	A	R	A		T	I	A		A	N	A	G
A	S	I	F		E	X	C	A	V	A	T	E
B	E	C	A	L	M		T	I	L	T	E	D
			R	O	W	S		D	O	H		
E	S	T	I	M	A	T	E		V	E	N	T
B	A	H		B	R	A	V	O		M	O	O
B	O	R	G		E	N	E	R	V	A	T	E
		I	R	E		K	N	E	E			
F	A	V	O	R	S		N	O	R	M	A	L
E	M	I	G	R	A	T	E		B	A	M	A
T	I	N	G		G	A	S		A	N	E	W
E	D	G	Y		A	B	S		L	E	N	S

Sudoku

							4	3
		9			6			
3		1	2		5			
2	9			4		5		6
			8		2			
5		4		9			7	1
			3		8	4		2
			9			7		
4	6							

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	6	4	5	7	8	9	3	
8	5	3	4	1	9	7	6	
9	7	1	3	6	2	5	8	
1	9	8	7	2	4	3	5	
6	3	2	9	5	1	8	4	
7	4	5	8	3	6	2	1	
5	1	7	2	4	3	6	9	
4	2	9	6	8	5	1	7	
3	8	6	1	9	7	4	2	

Send a kiss

- **Nami.** This may be no secret, but I have loved you for a very long time. We've recently reconnected and I've never been so optimistic for my future. I hope you feel the same... From This Guy.
- **Team 4.** Dear Team 4, our time together has been the best of my life. When I dream I dream of you, I hope you know that. I hope that we can be together always. From Champion
- **you.** roses are red, violets are blue, waiting to hear from someone, that someone is you! From Blonde little girl.
- **kc.** Im going home now, hope you feel better, remember just dont lookme in thee eye and this will be easier, becasue i know if you do, you'll feel bad for me,, and i already recieved enough of your pity!!! Never wanted pity, wanted love but, well i guess for you and me there's always gunna be a BUT ehhh <3 From jg
- **Dear: Girlfriend in a Coma.** I miss you and I want a real kiss. You're so wet because I've been crying all over your face. Wake up, I want you!! Please Wake Up

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 3° MIN: -6°	MAX: -7° MIN: -14°	MAX: -3° MIN: -12°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Horoscope

♈ Aries | March 21 - April 20. You may not approve of a loved one's actions but neither are you going to condemn them.

♉ Taurus | April 21 - May 21. The most important thing today is that you decide what you are going to do. Don't keep changing your mind.

♊ Gemini | May 22 - June 20. If you don't feel happy where you are at the moment by all means get up and go some place else.

♋ Cancer | June 21 - July 22. Try not to read anything dramatic into what others are saying.

♌ Leo | July 23 - Aug. 22. If a friend makes a suggestion today you must listen.

♍ Virgo | Aug. 23 - Sept. 22. The cosmic picture is somewhat uncertain today, so it might be wise to bet only on certainties.

♎ Libra | Sept. 23 - Oct. 22. Who says you have to see things the same way as everyone else? You're a Libra. You're different.

♏ Scorpio | Oct. 23 - Nov. 21. You can expect some really good things to happen over the next few days. Creatively and romantically you should set your sights high.

♐ Sagittarius | Nov. 22 - Dec. 21. An older relative knows more about a situation than you do, so make sure you listen to, and act on, their advice.

♑ Capricorn | Dec. 22 - Jan 20. You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

♒ Aquarius | Jan. 21 - Feb 18. There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind.

♓ Pisces | Feb. 19 - March 20. Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON

KATHY WILLENS / THE ASSOCIATED PRESS

Caption Contest

"Give me a T"
Phil

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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DEAL OF THE DAY!

$49 FOR A CHILDREN'S PARTY PACKAGE FROM DRESS UP AND PLAY PARTIES (A $99 VALUE)

HIGHLIGHTS

- Great for kids' parties
- Includes invitations and costumes for 8 kids, plus 2 game activities and 1 craft activity
- Free shipping within Winnipeg city limits

Regular Price: $99.00

You Save: $50

Discount: 51%

CURRENT DEALS

$10 FOR 2 TICKETS TO THE BRANDON WELLNESS EXPO, MARCH 23-25 AT THE VICTORIA INN HOTEL & CONFERENCE CENTRE (A $20 VALUE)

HIGHLIGHTS

- Health and wellness trade show
- Showcasing hundreds of products and services
- Featuring a compelling seminar series

$10 FOR A DIGITAL DOWNLOAD OF THE NEW "NAME YOUR TUNE: VOLUME 1 OR VOLUME 2" CUSTOMIZED CHILDREN'S SONG COMPILATION (A $20 VALUE)

HIGHLIGHTS

- As seen in Star magazine and on The Today Show
- Update classic songs with your kid's name
- Copyable to CD, iPod, MP3 players or other listening devices
- Volume 1 has 14 songs, Volume 2 has 12 songs

$15 FOR $35 TOWARDS INKJET AND TONER CARTRIDGES FROM TONERSELECTION.COM

HIGHLIGHTS

- Inkjet and toner cartridges
- Products compatible with Lexmark, Canon, HP, Brother and more
- Free shipping on orders over $99

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